

Kitchen Garden at Collingwood College Term 3- week 10

Recipe: Pan-fried Indian Potatoes

Volunteer notes:

Approximate cooking time once all ingredients are in the pans – 20 mins.
Potatoes will be ready for you to start. The group will prepare potatoes for the next class.

From the garden- Herbs, edible flowers, lemons

What to collect	What to do
<p>1 x large pot, colander, measuring scales</p> <p>1 & ½ kg large potatoes -wash/keep skin on- cut into 2 cm dice</p> <p>2 x Thick bottomed frying pan/egg lifter</p> <p>1 & 1/2kg Pre-Prepared diced potatoes (diced/cooked drained/cooled)</p> <p>XV Olive oil</p> <p>10 bay-leaves</p> <p>2 x tsp grated fresh turmeric</p> <p>Microplaner</p> <p>Small pot with lid</p> <p>3 tsp mustard seeds (any colour)</p> <p>Small pot/wooden spoon</p> <p>4 x clove garlic, skin off, chop finely</p> <p>2 x green chilli, cut in ½ and scrap seeds out- slice, very finely slice.</p>	<p>Each student will prepare some potatoes for the next class. Please put these on to cook before starting the cooking of your potatoes.</p> <p>Using pre-prepared potatoes, ensure they are dry ready for frying. In another pan, add oil and gently fry the diced potatoes with bay-leaves and turmeric until golden brown and crispy. Set aside in a large bowl until all batches are cooked.</p> <p>In a small pot with a lid, gently fry the mustard seeds for 2 minutes until popping. Add to the cooked potatoes.</p> <p>In a clean pot, gently fry the chilli and garlic in oil until fragrant, tip on-top of the potatoes, mix gently and taste. Check for seasoning (salt & pepper).</p>
<p>Big handful of flat leaf parsley-pick, wash, spin, slice finely</p> <p>½ bunch Coriander, cut off roots, slice finely, wash 3 times & spin dry.</p> <p>Salt flakes/ground pepper</p>	<ul style="list-style-type: none">• Prepare herbs.• Add herbs to mixing bowl of potatoes just before serving and gently stir through.• Serve into 3-4 bowls with spoons.

